Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

LIBRARY
RECEIVED
AUG 15 1933
U. S. Department of Agriculture

A 13Hh

HOUSEKEEPERS CHAT TUESDAY, August 8, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Canning Questions." Information from the Bureau of Home Economics, U.S.D.A.

- - - - - -

Most of the questions that come in the mail these days are about canning. Lots of women are canning these days who never canned before. They want the best and safest methods of putting up the good things from their gardens. We're pleased to give them any help we can. Canning specialists at the Bureau of Home Economics have been working on successful methods of home canning for years and are all ready to offer help on any home canning problem. Now let's look over some of the letters on the top of the heap.

The first inquiry is about canning garden peas. The letter reads: "We have more green peas in our garden than we can possibly use for the table this summer. Will you give me detailed advice about putting up peas for use next winter. I am a beginner at canning."

She sounds like a wise beginner, doesn't she? For her benefit and for the benefit of any other new home canner, I'll pass on all the information I have from the specialists about canning garden peas.

The first important point to remember is that peas are among the non-acid foods and all non-acid foods, whether vegetables or meats, need to be canned under pressure for safety.. If you don't own a steam pressure canner, borrow one before you try to put up those peas. If you can't beg or borrow one, better not try to can the peas at all. The temperature of boiling water isn't hot enough to insure sterilization.

The second point about canning peas is: Can them as soon as possible after picking. Never let them wait in the heat of the kitchen. "Two hours from garden t can" is a good rule. Peas, like beans and corn, are likely to develop flat sour if they stand in a warm room. Flat sour is responsible for much of the spoilage of home-canned vegetables. If you've once had experience with it, you'll remember tha it gives the food a taste both flat and sour and that it also gives an unpleasant odor. Of course you know that any canned foods with an unpleasant odor should be discarded without even tasting.

Third point: Use only young, tender, and perfect green peas for canning.

There are the three points that the specialists consider very important;- first, can peas under pressure; second, can as soon as possible after picking--neve let them stand in a warm kitchen; third, can only the perfect, young tender green peas. You can use either glass jars or tin cans. Never can in containers holdin

more than a quart.

Now for the canning process, step by step. Drop the shelled peas at once into enough rapidly boiling water to cover them and boil them uncovered for three minutes.

Now remove the peas with a strainer and transfer them directly to hot pint jars on which new, wet rubbers have been placed or to tin cans. Pack the peas loosely to within one-half inch of the top. Then, fill the jars with the boiling water in which the peas cooked and add a half teaspoon of salt to each pint of peas. If you like peas with a sweeter flavor, you can add a teaspoon of sugar to each pint. Work the air out of the containers by carefully moving a spatula or thin paddle in the jar. Prepare only as many jars as will fit at one time into your pressure canner. Partially seal the jars and seal the cans. Place the hot containers in the pressure canner. The canner should contain enough hot water to just cover the rack. Be sure the jars don't touch each other. Now wipe off the top edges and the cover of the pressure canner. Clamp the cover in place. Put the canne over the fire and allow its petcock to stay slightly open for about seven minutes so that all the air gets out before the pressure starts to rise. The canner takes from five to ten minutes after the petcock is closed to get the ten-pound pressure that you need for peas. After the guage registers ten pounds pressure, process quart glass jars for 55 minutes. Pint glass jars and No. 2 and No. 3 tin cans take only 45 minutes. Now if the peas are in glass, remove the canner from the fire and let the pressure guage fall to zero. Then open the petcock gradually so there is no sudden outrush of steam. Otherwise liquid may boil out of the jars and be lost. Complete the seal of the glass jars before you lift them from the canner. Cool jars out of draughts. If the peas are in tin cans, open the petcock gradually at the end of processing. When the pressure has reached zero, remove cans and place them in running water to cool. Store all canned foods in a cool, dry place. Avoid storing near any steam pipes or near the furnace.

What about lima beans from your garden? You can these as you do peas, only they take about ten minutes longer in processing. Use only the young and tender little beans--baby limas the older ones you can dry successfully.

Here's another letter. The mother of a family of five wants to know how to put up tomato juice. She says she used tomato juice for breakfast when oranges are expensive. And she uses it for dinner cocktails, for soup, for sauces, and for gelatin salads in winter. Lots of used for tomato juice. She plans her budget to include some canned juice and some plain canned tomatoes. When she wants juice, she doesn't have to stop to strain it. Fortunately, tomatoes are some of the easiest ga den foods to can. For juice, select firm ripe tomatoes. Plan to prepare a rather small amount at a time. Wash then carefully and drain them. Cut them in sections. Simmer until they're soft. Put them through a fine sieve to remove the seeds and skin. Bring the juice to boiling. Pour it immediately into sterilized glass jars, adding salt if desired. Or heat to simmering, pour into tin cans, seal and process. You don't need a pressure canner for tomatoes or tomato juice. Process the juice, either in quart or pint glass jars, <u>five</u> minutes in boiling water. That's all.

Tomorrow: Ways to Use Garden Snap Beans. Also a recipe for pork and beans, summer style.